

DOUBLE KNEE TO CHEST STRETCH - DKTC

While Lying on your back, hold your knees and gently pull them up towards your chest.

Video # VVSHPUFNG

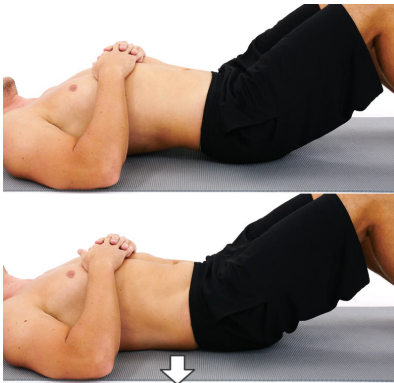


Repeat 1 Time
Hold 10 Seconds
Complete 3 Sets
Perform 1 Times a Day

PELVIC TILT - SUPINE

Lie on your back with your knees bent. Next, arch your low back and then flatten it repeatedly. Your pelvis should tilt forward and back during the movement. Move through a comfortable range of motion.

Video # VVHBZ4XN3



Repeat 10 Times
Hold 2 Seconds
Complete 3 Sets
Perform 1 Times a Day

BRACE SUPINE MARCHING

While lying on your back with your knees bent, slowly raise up one foot a few inches and then set it back down. Next, perform on your other leg. Use your stomach muscles to keep your spine from moving.

Video # VVQK9AVP5



Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day

BRIDGE - BRIDGING



While lying on your back with knees bent, tighten your lower abdominal muscles, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.

Repeat 10 Times
Hold 2 Seconds
Complete 3 Sets
Perform 1 Times a Day



Video # VVTJZ7GYR

CAT AND CAMEL



While on your hands and knees in a crawl position, raise up your back and arch it towards the ceiling like an angry cat.

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day

Next return to a lowered position and arch your back the opposite direction.



Video # VVWPCEBAB

QUADRUPED ALTERNATE ARM AND LEG - BIRD DOG



While in a crawling position, tighten/brace at your abdominal muscles and then slowly lift a leg and opposite arm upwards. Your hip will move into hip extension on the way up. Lower leg and arm down and then repeat with opposite side.

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day



Maintain a level and stable pelvis and spine the entire time.

Video # VVE7C35B7



SIDE LYING CLAMSHELL - CLAM SHELL

While lying on your side with your knees bent, raise your top knee upwards while keeping your feet in contact the entire time. Lower back down and repeat.

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day



Do not let your pelvis roll back during the lifting movement.

Video # VVZLS2CSB



STEP UP

Start by standing in front of a step/step stool with both feet on the floor. Step forward up the step with one leg and then the other leg. Return to starting position taking a step back towards the floor leading with the same leg.

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day



SEATED PIRIFORMIS STRETCH

While sitting in a chair, cross your leg and place the ankle of one foot on the knee of the other leg.

Next, pull the top knee upward towards your opposite shoulder for a gentle stretch.

Video # VVV24ZGDD

Repeat 1 Time
Hold 10 Seconds
Complete 3 Sets
Perform 1 Times a Day